

In celebration of **The Big Lunch**...  
get **£10 free shopping** for everyone you sign up during July!

For every friend that receives their first delivery in July (who tells us you sent them!), we'll add a £10 credit to your account. So the more the merrier!

Dear friend,

I really like getting my food delivered from Abel & Cole and I think you would too.

If you receive your first delivery during July they'll throw in a **FREE** Abel & Cole cookbook (worth **£8.99**) to welcome you on board!

Enjoy!

.....  
P.S. when you sign up please mention my name as the person that recommended you - there's something in it for me too!

P.P.S. have you made plans for Sunday 19<sup>th</sup> July?...it's The Big Lunch!

**Abel & Cole**  
www.abelandcole.co.uk 08452 62 62 62

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